Cheese Puff Appetizers

READY IN	SERVINGS	CALORIES
30 min.	12	200 kcal

SIDE DISH

Ingredients

- [ ] 0.5 cup butter
- [ ] 1 cup flour all-purpose
- [ ] 5 ounce olives green pitted
- [ ] 2 cups cheddar cheese shredded
- [ ] 1 dash worcestershire sauce

Equipment

- [ ] bowl
- [ ] baking sheet

- [ ] oven

Directions

- [ ] Preheat oven to 400 degrees F (200 degrees C). Lightly grease a cookie sheet.
- [ ] In a small bowl, mix together cheese, butter, flour, and Worcestershire sauce. Knead the dough. Pinch the dough into small balls, flatten them in the palm of your hand, then roll each circle of dough around one stuffed olive. Arrange the wrapped olives on the prepared cookie sheet.
- [ ] Bake for 15 minutes until lightly brown.

Nutrition Facts

PROTEIN **11.22%** FAT **71.2%** CARBS **17.58%**

Properties

Glycemic Index:12.67, Glycemic Load:5.88, Inflammation Score:-4, Nutrition Score:4.4917390946623%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Nutrients (% of daily need)

Calories: 199.76kcal (9.99%), Fat: 15.98g (24.59%), Saturated Fat: 8.73g (54.58%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.21g (2.99%), Sugar: 0.17g (0.19%), Cholesterol: 39.17mg (13.06%), Sodium: 369.55mg (16.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Calcium: 143.22mg (14.32%), Selenium: 9.06µg (12.95%), Phosphorus: 100.3mg (10.03%), Vitamin A: 471.56IU (9.43%), Vitamin B2: 0.14mg (8.16%), Vitamin B1: 0.09mg (6.02%), Folate: 23.66µg (5.92%), Vitamin E: 0.82mg (5.45%), Zinc: 0.78mg (5.18%), Manganese: 0.07mg (3.65%), Vitamin B12: 0.22µg (3.6%), Vitamin B3: 0.66mg (3.29%), Iron: 0.58mg (3.21%), Fiber: 0.67g (2.68%), Magnesium: 8.88mg (2.22%), Copper: 0.04mg (1.78%), Vitamin B5: 0.14mg (1.37%), Vitamin K: 1.31µg (1.25%), Vitamin B6: 0.02mg (1.08%)